

Meditation two - Simple breathing

This is a wonderfully simple exercise you can do anywhere. Even walking in a busy place. You simply breathe in what you do want and breathe out what you no longer want to hold on to.

Examples

1

Breathing in slowly and deeply

I breathe in Peace (see it filling every cell muscle fibre and vessel in your body and then filling your mind)

Exhaling out slowly and completely

I breathe out anxiety.

2

Breathing in

I breathe in joy. I see it touching every part of me

Breathing out

I breathe out any feeling of sadness or worthlessness

I do not need this any longer

I breathe out and let go

You can substitute your own words with what every you feel you need to bring in and let go of. Do it all day and watch the effects. Its amazing